

Abstract

Title: Training of juniors in the alpine disciplines focused on power skills using balance aids

Objectives: The aim of this study is to find out, effectiveness of selected special exercises focused on power skills using balance aids.

Methods: Simple experiment lasted 23 weeks. The group was made up of skiers aged 17 to 19 (n = 11). The skiers were assigned to two groups with and without balance aids. All were tested in the beginning, middle and at the end of the training program. They did four physical tests: two-footed jump, chin-up, jumps over bench, five jumps.

Results: The results of our experiment, show that exercises with balance aids are not so effective. We found difference only between first and second tests. We didn't find out difference at the third testing. The value of the tests are shown with averages and standard deviations in tables and graphs .

Keywords: Alpine disciplines, power skills, juniors, balance aids, coordination